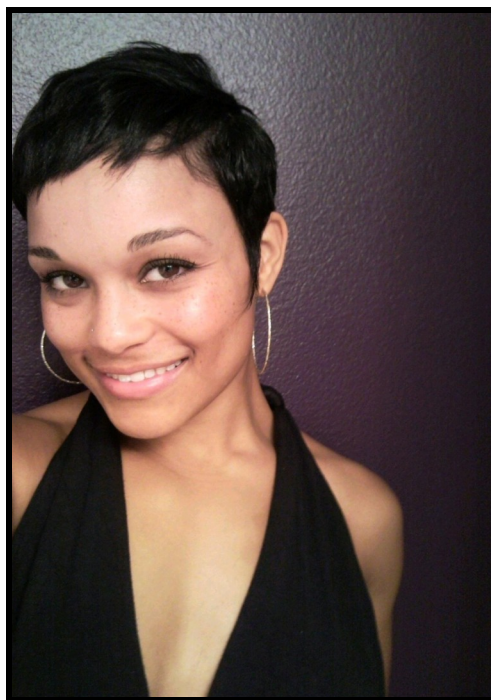


Personal Trainer



Amanda Brown

Professional Credentials:

Certified Personal Trainer
Registered Dietitian

Amanda Brown is a certified personal trainer and Registered Dietitian with a passion for promoting a healthy lifestyle. She specializes in creating customized programs for weight management, strength training, balance & coordination, flexibility, post rehabilitation, and maintenance of bone health. Fitness has always been a part of Amanda's life as she was an accomplished athlete in track & field, lacrosse, and field hockey. She continues to play field hockey with the Los Angeles Field Hockey Association. Amanda moved to Southern California after graduating from Loyola University in Baltimore, Maryland. She is currently completing her Master's degree in Nutritional Science at California State University, Long Beach.